MASSAGENERD.COM

Presents - *Part 2 of 3*

180+

Soft Tissue Active Assistive Release

Sports Massage Techniques



Massage + Stretching + Movement = Client Retention

" Sports Massage; Not Just For Athletes Anymore "

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Legal Disclaimer

All models are at least 18 years of age. The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing or receiving a massage, particularly if you are pregnant or nursing, or if you are elderly, or if you have any chronic or recurring conditions. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.
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SUPINE
(Upper Body)

1. 

2. 

*Glide towards their pecs (Client resists)

1. 

2. 

*Glide on their posterior shoulder while you pull their arm down

1. 

2. 

*Have client lock their arm and you glide down


1.


2.

*Glide towards their pecs while you extend their arm


A.

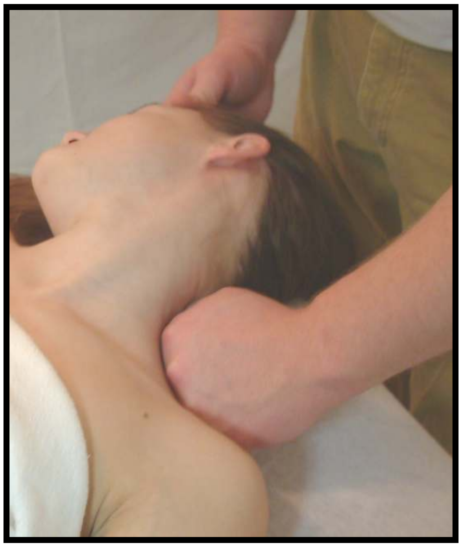

B.

A. Rotate neck and friction under neck
B. Pinch and glide on the SCM


A.


B.

A. Rotate head and friction under suboccipitals
B. Bring their head off the table and glide around their shoulder

A. 

B. 

A. Rotate neck and glide your knuckle in their shoulder region
B. Rotate your knuckles under their shoulders

1. 

2. 

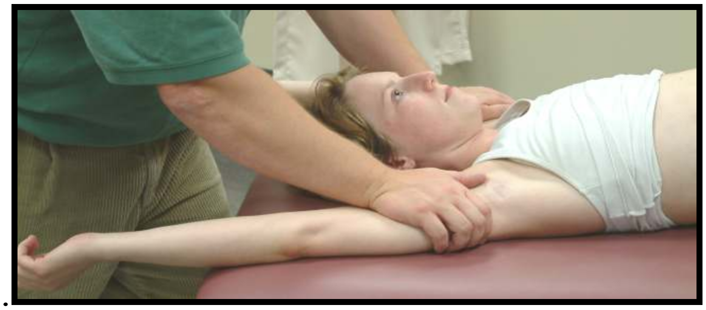
*Have the client push down to the table as you glide up their back to their neck

1. 

2. 

*Hook your thumbs under their suboccipital bone and flex neck


1.


2.

*Have client extend their arms and resist as you glide towards their pecs


1.


2.

*Arms extended and have client resist while you glide towards their pecs


1.


2.

*Support elbow and glide towards their pecs

1. 
2. 

*Horizontally adduct their arm and pull towards their chest while you glide towards their deltoids

1. 
2. 

*Hook under their arm and glide towards their pecs

1. 
2. 

*Start at their wrist and glide towards their elbow

1. 
2. 

*Bilaterally flex neck and glide down their shoulder towards their deltoids

1. 

2. 

*Rotate neck and glide over their shoulder

1. 

2. 

*Have client lean back

1. 

2. 

*Hook under arm and glide towards their pecs



1.



2.

*Pull their shoulder up and have client lean back as you glide towards their front



1.



2.

*Traction arm and glide down their side



1.



2.

*Have Client lift their hip and then have the client push their hip towards the table as you glide around

1. 
2. 

*Pull both legs off the table as you glide over their hip

1. 
2. 
3. 

*Glide up their extensors when you flex their wrist, then stop when you extend their wrist (Repeat up)

1. 
2. 

*Abduct their arm when you glide over their deltoids

A. 
B. 

A. Bring arm off the table and glide up bicep
B. Traction arm and glide on the bicep/tricep region

A. 
B. 

A. Pull arm across their chest and glide on the triceps
B. Traction arm at an angle and glide on triceps

A. 
B. 

A. Flex elbow and glide on forearm
B. Hook your hand under their shoulder and have them push down to the table

A. 

B. 

A. Flex their elbow and glide in their anterior elbow region

B. Have them rest their hand on your shoulder and glide around their inguinal area

SUPINE
(Lower Body)

1. 
2. 

*Plantar flex their ankle as you glide up their quads

1. 
2. 

*Have client resist as you glide down their quads

1. 
2. 
3. 

*Hook their leg on your hip and glide down their adductors

1. 

2. 

*Hook opposite leg over your hip and glide down their TFL

1. 

2. 

*Cross their leg over their other leg and pull their knee towards you while you glide down the TFL

1. 

2. 

*Externally rotate one leg and flex their knee, then have them resist as you glide up their adductors

1. 

2. 

*Have your leg hold their leg down as you glide up their quads/adductors

1. 

2. 

*Have their foot rest against your shoulder and their resist you while you glide towards their knee

1. 

2. 

*Externally rotate/flex knee and rest your knee under their leg while you glide down their adductors

1. 

2. 

*Sit on their foot and lean back while slowly separating their calfs

1. 

2. 

*Have their knee rest against your shoulder and glide down their quads

1. 

2. 

*Externally rotate/flex both of their knees while they resist you when you glide down their adductors

1. 

2. 

*Twist quads in opposite directions

1. 

2. 

*Flex knee and glide up their quads

1. 

2. 

*Flex/rotate their knee and glide up their adductors/quads

1. 

2. 

*Have client push into your shoulder and glide up their shin

1. 
2. 

*Have client resist as you glide down their hams

1. 
2. 

*Have client push into your shoulder as you glide up their lateral side of their leg

1. 
2. 

*Rest their ankle on your shoulder and glide down their leg

1. 
2. 

*Pull their leg off the table and support it with your knee, then glide up their side

1. 
2. 

*Hold leg down and glide up quads

1. 
2. 

*Dorsal flex ankle while you glide down their shins to meet at their ankle

A. 

B. 

A. Perform cross fiber friction across the quads
B. Flex their knee and glide down their quads

A. 

B. 

A. Keep leg straight and rotate it towards you while you glide down the TFL
B. Flex knee and place their foot on your hip and glide on adductors

A. 

B. 

A. Internally rotate hip and glide on TFL
B. Friction around greater trochanter

A. 

B. 

A. Flex knee and externally rotate hip and glide on adductors
B. Internally rotate hip and flex knee while you glide on quads